

HEALTHY DARWIN

2024 Dry Season Weekly Activities

Sunrise Yoga

Mondays 08 April - 30 Sept
6:30am - 7:15am
Seabreeze Slab
Nightcliff Foreshore

No bookings required!
Instructor: Jo
E - darwin योगawithjo@outlook.com
IG - [@darwin_yoga_with_jo](https://www.instagram.com/darwin_yoga_with_jo)

Bootcamp

Mondays 08 April - 30 Sept
5:15pm - 6:00pm
Harmony Hall
Malak

No bookings required!
Instructor: Chico's Fitness
P - 0408 088 091
W - www.fitnesshubdarwin.com

Seniors' Aqua Fitness

Tuesdays 02 April - 24 Sept
9:00am - 9:45am
Pearl Retirement Village
Fannie Bay

★ Bookings required!
Instructor: One Step At A Time PT
P - 0438 321 399
E - onestepatatimept@gmail.com

Yogalaties

Tuesdays 02 April - 24 Sept
12:00pm - 12:45pm
Bicentennial Park
Darwin City

No bookings required!
Instructor: HGFitness
P - 0421 500 286
E - hollie@hgfitness.com.au

HIIT in the Park

Tuesdays 02 April - 24 Sept
5:00pm - 5:45pm
Garamanuk Park
Lyons

No bookings required!
Instructor: Storm PT
P - 0451 019 117
E - stormptnt@gmail.com

Hatha Yoga & Mantra

Wednesdays 03 April - 25 Sept
5:45pm - 6:45pm
Lyons Community Centre
Lyons

No bookings required!
Instructor: ASMY
P - 0421 710 983
E - darwin@asmy.org.au

Zumba Mash-Up

Thursdays 04 April - 26 Sept
6:15pm - 7:00pm
Harmony Hall
Malak

No bookings required!
Instructor: Neil
P - 0417 820 380
W - www.fitnesshubdarwin.com

Baby & Guardian Grooves

Fridays 05 April - 27 Sept
10:30am - 11:15am
Agoy Yoga Studio
Woolner

No bookings required!
Instructor: The BGs
P - 0426 002 782
E - marissakhush@gmail.com

Boxfit Bootcamp

Saturdays 06 April - 28 Sept
9:00am - 9:45am
Seabreeze Slab
Nightcliff Foreshore

No bookings required!
Instructor: Jacinta
P - 0437 291 955
E - territoryfitnessgroup@yahoo.com

Lilia's Beach Bootcampers

Saturdays 11 May - 28 Sept
5:00pm - 5:45pm
Casuarina Beach
Casuarina

No bookings required!
Instructor: Lilia
FB - [@Liliasbeachbootcampers](https://www.facebook.com/Liliasbeachbootcampers)

Only \$5 per session!

To find out more:

- * Contact the instructor directly
- * Follow [Healthy Darwin](https://www.facebook.com/HealthyDarwin) on Facebook
- * Visit our webpage via the QR code
- * Send an email to healthydarwin@darwin.nt.gov.au
- * Call 08 8930 0300



HEALTHY DARWIN

Healthy Lifestyle Workshops & Short Courses 2024 Dry Season

Custom Fit Circuit

\$10 per session

Fridays x 12

12 April - 28 June
10:15am - 11:00am
Pump'd Health and Fitness
7 Bishop Street, Woolner

To book your place, contact

Custom Made Physio
Instructor - Sally
P - 8914 6414
E - admin@custommadephysio.com.au

Emerse-45

\$10 per session

Thursdays x 10

18 July - 19 September
6:15pm - 7:00pm
Henbury School pool
11 Henbury Avenue, Tiwi

To book your place, contact

Emerse
Instructor - Sally
P - 0491 366 693
E - sally@emerse.com.au

Lounge To Laps - Freestyle Stroke Correction

\$40 for the full course

Wednesdays x 4

17 July - 07 August
6:30pm - 7:30pm
Parap Pool
77 Ross Smith Avenue, Parap

To book your place, contact

Darwin Stingers Masters Swimming Club
Instructor - Jac
P - 0417 884 280
E - jstirrat@bigpond.net.au

Roller Skate Jam Club

\$10 per session

Sundays x 9

21 April - 16 June
3:00pm - 4:00pm
Corrugated Iron Performance Space
Nightcliff Community Centre, 18 Bauhinia Street, Nightcliff

To book your place, contact

Darwin Skate School
Instructor - Cassie
W - darwinskateschool.com.au
E - skates@shinertown.com.au

Unlock The Power Of Rest For Body & Mind Workshop

\$10 per person

Tuesdays x 2

30 April and 27 August
6:00pm - 7:00pm
Casuarina Library Community Room
17 Bradshaw Terrace, Casuarina

To book your place, contact

Movement and Mindset Coaching
Instructor - Maria
P - 0427 997 642
E - maria@movementandmindsetcoaching.com

To find out more about Healthy Darwin:
Follow us on [Facebook](#)
healthydarwin@darwin.nt.gov.au
08 8930 0300



CITY OF
DARWIN